SilkPeel™ Dermalinfusion™

System

In-Service Protocol

for Beauticians & Licensed Aestheticians

*European Version

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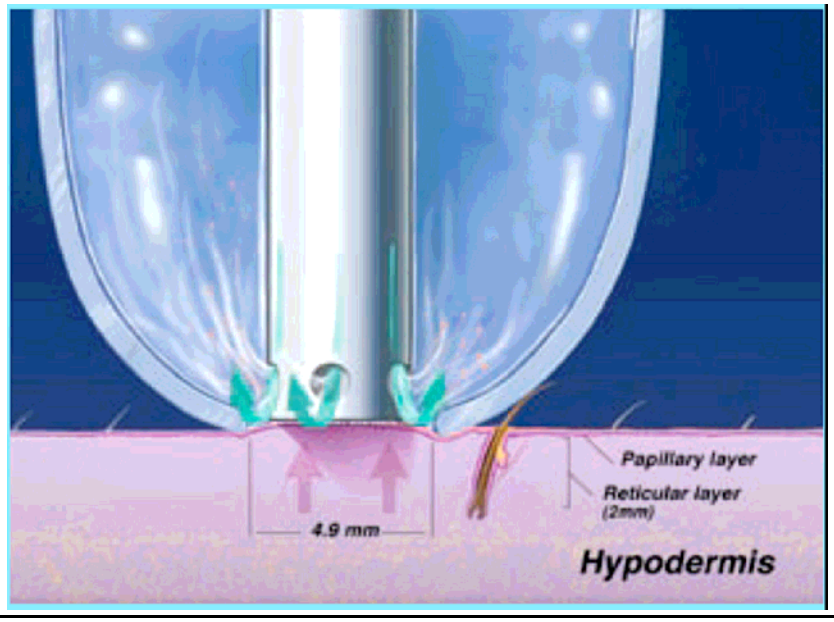
SilkPeel™ Dermalinfusion™

SilkPeel DermalInfusion – Settings & Parameters

BASIC SETTINGS:

Área	Vacuum	Diamond Grit	Flow	No. of Passes
GENERAL – face, hand, back and upper arms	5,0-7,0	6-60, 6-80; increase to 6-30 after about 3-4 treatments	Maximum	3-4 (best to overlap about 20-30% and criss-cross OR Lymphatic Drainage technique – more agressive settings)
Delicate Skin, elderly person	3,5-5,0	6-60 or 6-80	Maximum	2-3
Very delicate Skin, Neck and Decollete	3,5-4,0	6-100 or 6-120	Maximum	2
Very delicate Skin , around the eyes	3,5-4,0	6-120 or 6-140	Maximum	2
Large areas – back, upper arms, buttocks	5,0-7,0	9-30, 9-60, 9-80	Maximum	3-4
Men, young tough skin, forehead, chin areas	8,0-9,0	6-30, 6-60, 6-80	Maximum	3-4
Try to increase treatment settings every second procedure (weekly)				Usually decrease vacuum by one when getting to cheek area and decrease by another one + lower diamond grit for eyelid area or neck and decollete
Min of 5-6 treatments, weekly for excellent outcomes	Boosting results = bi-weekly for two weeks, to quickly resolve an acne eruption			



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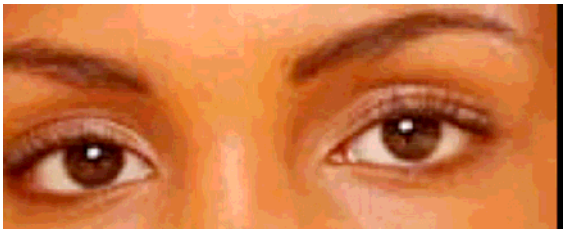
SilkPeel DermalInfusion – Settings & Parameters

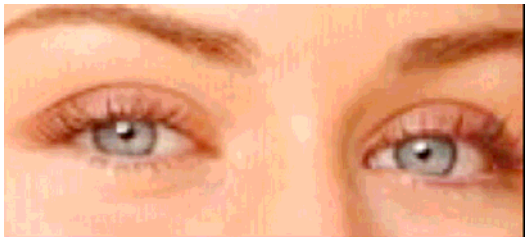
ADVANCED PARAMETERS & SETTINGS:

Eye's & Lip package with SilkPeel Dermalinfusion

Eye Package:

6- 15 minute treatments (weekly)
120 or 140 grit with HYALURONIC BASED HYDRATING solution 3.0-3.5 vacuum and maximum flow
Eye cream (retail physician is offering as retail)
Depending on skin type will determine how many passes needed





Results: diminishing of fine lines, wrinkles, crow's feet.
Periorbital & orbital area extremely hydrating to the delicate eye area

Recommended patient: For the patients who have crow's feet, fine lines and wrinkles. Typically the sun damage, mature patients who are self conscience about this area…

Lip Package:

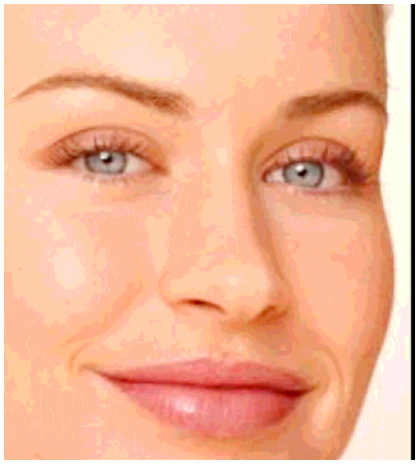
6- 15 minute treatment (weekly)
Lip plumper or lip balm offered by the practice as retail
100,120,140 grit w/ HYALURONIC BASED HYDRATING solution depending on skin thickness
3.0-4.0 vacuum and maximum flow
Depending on dryness/chapped lips will determine how many passes needed. (Normal cases, 6 passes both upper and lower including entire lip and boarder)

Results: Plump & moisturized lips, dimished lines around the vermillion area.

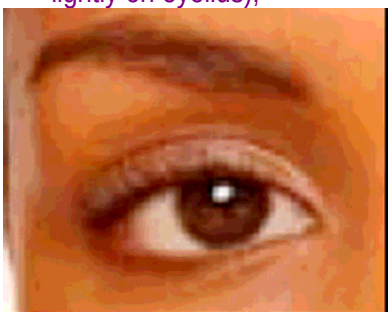
Lip exfoliation with SilkPeel w/ HYALURONIC BASED HYDRATING solution prior to lip filler. Patient will achieve less swelling for the patient.

I. SKIN EVALUATION:

The 2 GOLDEN RULES:
- be conservative in your approach ALWAYS!
- do less, **not enough** is better than sorry you did too much.



- start by:
  - *evaluating the skin – the "look & touch"*
    - look and touch (gently pinch) for texture,
    - look at color (Fitzpatrick I-V),
    - look for irregularities (keratoses) and skin tags,
    - identify actinic damage (sun damage or photo damage),
    - look around the eyes for lax skin (pull lightly on eyelids),



look at the base of the nose and the cheeks for small capillaries (rosecea? telangectesia?)
- identify active acne, dehydrated skin, hyperpigmentation or hypopigmentation (was it from a laser procedure?), PIH, etc.
- any scarring? fresh wound? – write down on chart anything that looks irregular and ask patient to confirm they've seen it and confirm what it is

- *suggestion: - now is time to fill out the patient evaluation form throughout your observation and consult*

- *asking your patient questions- the "query & watch phase"*

- ask how their skin reacted when they had microdermabrasion in the past (or light chemical peeling, or treatment of any sort), was it pink, red? (they know their skins BEST!)
- for how long has the redness stay? (normal would be 20 minutes to 2 hours)
- when having a previous peel had they actually felt it's not doing enough and could not see skin color change or any reaction after treatment?
  - or was it the other way around?

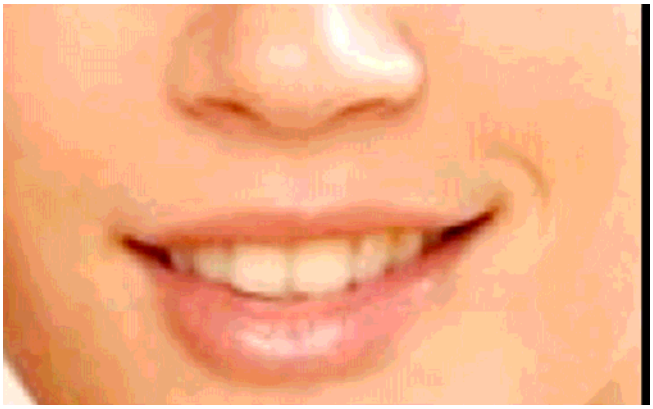
BEFORE

AFTER

- how does their skin react to other skin products in general?
- do they have dry skin, or areas of rosecea?
- are they aware of their capillaries breaking up easily on the cheeks, the nose or around the eyes?

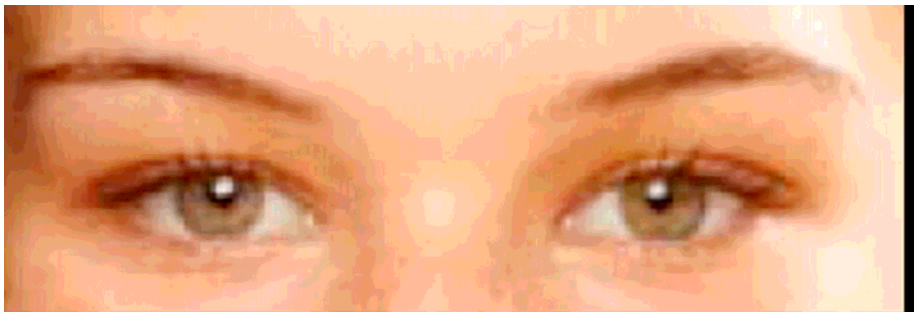
REMEMBER: PATIENTS MOST OF THE TIME WILL KNOW THEIR SKIN QUITE WELL AND, IF GUIDED, THEY'LL HELP YOU A LOT MORE THAN YOUR SELF TO DEFINE THEIR "SKIN TYPE" AND PROBLEMATIC AREAS OF CONCERN!

- *AND CONTINUE TO asking your patient questions*
  - did they have chemical peel of any kind lately – when and what kind?



  - have they had PDT (Photo Dynamic Therapy) or any light procedure lately?
    - when? – do not treat too close to a procedure that requires re-epithalisation of the skin or caused long-term skin color changes – if not sure: - ask your physician!
  - any specific sensitivity to any cream or materials?
  - allergies? – DO NOT TREAT PATIENTS WITH ALLERGIES TO ASPIRIN (SALICYLIC ACID) WITH THE SALICYLIC BASED CLARIFYING SOLUTION!
  - Pregnancy, or using strong drugs – or you are NOT SURE? – ask you physician!

> *Suggestion: - now is the time to have the patients read and sign and the Patient Consent form.*



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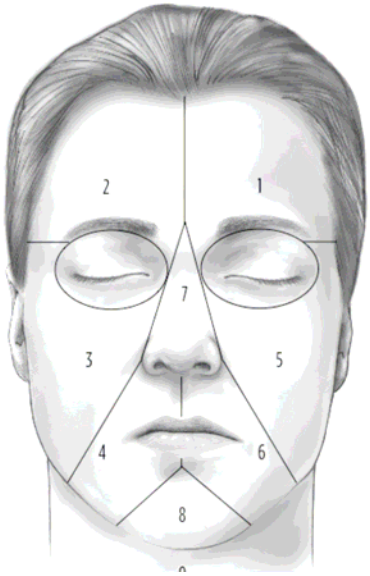
Suggestion: patient MUST use sun protection (SPF 15 or 30) at all times, even in the winter

II. SILKPEEL PROCEDURE:

- BEFORE THE PATIENT IS IN:
  - Clean working area, take out diamonds from disinfection solution, check that waste jar is empty
  - check SilkPeel clean and in working conditions

- *if repeat patient:-*
  - ♦ check chart, identify what solution to use and which diamond head for treatment area and skin condition
  - ♦ follow "basic steps for setting-up SilkPeel" (see user manual too):
    - ➢ choose your Solution and attach to SilkPeel
    - ➢ prime SilkPeel with solution
    - ➢ set-up handpiece for treatment - Choose your diamond head (grit - see chart) & mount on handpiece (do not screw in too hard, check it's well in)
  - ♦ quick re-evaluate patient skin before actual treatment



- *if new patient:-*
  - ♦ get them in for skin evaluation
  - ♦ follow "basic steps for setting-up SilkPeel" as above - based on your evaluation

- WHEN THE PATIENT IS IN:
  - prepare patient for SilkPeel treatment: - take off makeup, lightly clean skin (no eye-shields needed, no turban – no crystals!)
  - start treatment ! see below

- QUICK CHECK PRE-TREATMENT:

Suggestion: *- Before touching their face with the handpiece, perform one or two passes on the back of their arm (inside of the forearm) to allow them to "feel it" and get comfortable with the noise and the settings – this allows YOU too for adjusting the SilkPeel settings right! *ask them how it feels?*

This simple step helps you set the treatment settings right and it takes the patient stress down substantially.

- always do the following before you touch the face with handpiece:
  - "4 CHECKS" for SilkPeel settings again! (see below)
  - CHECK on inside of the forearm of patient (give it 15-30 seconds to see reaction). Speak with the patient and ask how they are doing and if it hurts, how does in feel in comparison
  - CHECK on hair-line of the face again (about 2-3 x 3 centimeter passes on the forehead, overlapping about 30%, and STOP for 30 seconds. If too red - lower the vacuum or change diamond, if no reaction, you can increase settings and check again until you get expected skin reaction)
  - You are judge, and remember rule # 1

THE "4 CHECKS" FOR EVERY TIME YOU CHANGED DIAMOND OR CHANGED THE SOLUTIONS: check the following 4 things ALWAYS before touching the patient again:

- put your finger on end of handpiece, see that the diamond is RECESSED inside and not out.
- when your finger STAYS ON CONTINUOUSLY - check the vacuum level again
- Look at the center of the handpiece - see that diamond is exactly CENTERED and sits well in handpiece
- check that the solution is right and you have it for the right treatment

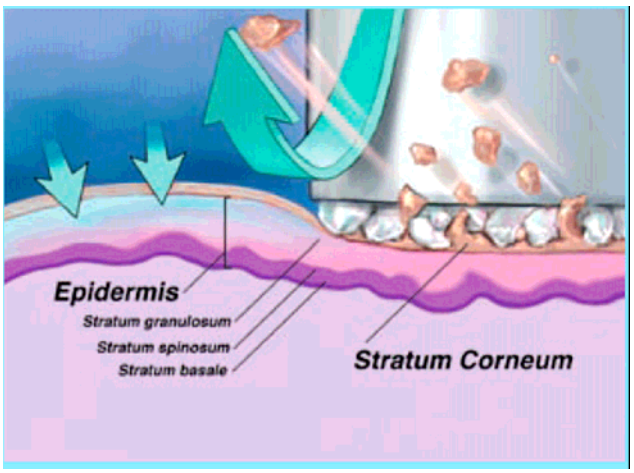
NOW YOU CAN TREAT.

- TREATMENT:

Now you can go on the face, back or hand or any treated body area:

- PARAMETERS TO REMEMBER:
  - DIAMOND:
    - Face & Hands: - always use the 6mm diamond (9mm may scratch)

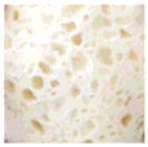
    - Diamond head: - to start, 1st time patient, usually 6-60 for men and 6-80 for women
    - good thick skin - for better treatment you may use the 6-30, it is great but quite abrasive = better results! try it always first on the hand and the headline on forehead to see if it is not hurting too much
    - for areas under the eyes, and eyelids: - use very smooth diamond like 6-120 or 6-140 (minimum vacuum = around 3)
    - use the 9mm diamonds: 9-30 or 9-60 or 9-80 only on back, buttocks, and upper arms, too big for face or hands



- VACUUM & FLOW:
  - Flow: all the way to MAXIMUM all the time (auto-regulates itself based on vacuum)
  - Vacuum:
  - Standard conservative: Vacuum: 5-7; Regular: - depends on face or skin area, patient age and laxity – from 3 to about 8 (higher vacuum and more aggressive grits can be better tolerated with number of treatments)
    - Specific skins:
      - Vacuum, based on skin and area - very soft skin, older, delicate skin: 3.5 - 5 maximum
      - Vacuum, based on skin and area - man, younger with good skin you can even go to 8 and 9 on forehead and chin or on razing area

Suggestion: patient MUST use sun protection (SPF 15 or 30) at all times, even in the winter

TREATMENT(cont'):



- Solutions:-
  - 3 BASIC TYPES OF SOLUTIONS:
    - SILKPEEL HYDRATING FORMULA -
      Main active ingredient:
      SODIUM HYALURONATE 2%
    - SILKPEEL CLARIFYING FORMULA (ACNE & ABRASION)
      Main active ingredient:
      SALICYLIC ACID 0.5%
    - SILKPEEL BRIGHTENING FORMULA (BROWN SPOTS & ACTINIC DAMAGE)
      Main active ingredient
      KOJIC ACID 5%
      GLYCOLIC ACID 2.5%
      TRIETHANOLAMINE 2%
      ARBUTIN 0.5%

- Tips:
  - see appendix A for details about solutions and ingredients
  - operator can alternate the use of solutions (start with salicylic "clarifying solution" and then treat photo damage with the "brightening solution" or otherwise, see below for another approach to "alternating solutions")
  - operator can start with a more aggressive regimen for boosting results (twice a week instead of just once a week) and/or even use the machine handpiece features and movements - as a lymphatic drainage treatment - all of this comes with time and expertise.
  - for quicker results: - try first pass with Salicylic Acid – or "Clarifying Solution" to open the pores, it also has excellent abrasive effect. Be careful – many are allergic to Aspirin or Salicylic solution!!

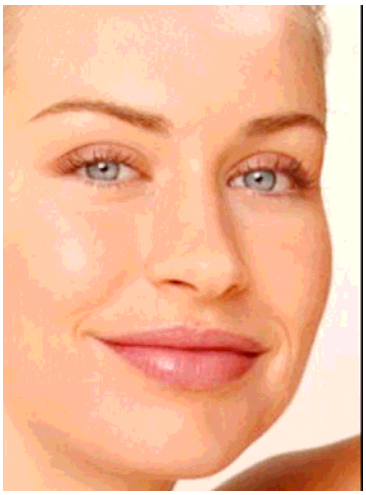
HYDRATING

BRIGHTENING

CLARIFYING

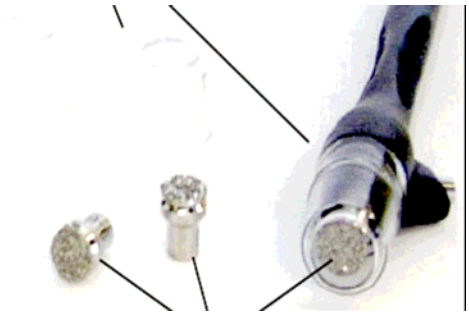
SUGGESTION: some say it's best to start with SALICYLIC BASED CLARIFYING solution for first pass (check NO allergy to aspirin) - the SALICYLIC BASED CLARIFYING will help opening the pores and abrade the skin even better. After this pass, they can use KOJIC ACID (OR HYDROQUINONE) BASED BRIGHTENING and/or HYALURONIC BASED HYDRATING solution for clearing brown spots and moisturizing. Always a combination of all solutions is BEST. Operator can be more "creative" when they choose the best solutions to achieve best outcomes.

OTHER *SUGGESTION- others say: If using more than one solution, it is going to be more beneficial if you use Hyaluronic FIRST to lay your foundation. Several reasons, because Hyaluronic is found naturally in the body, the body responds very well to it, recognizes it, and grabs onto it right away. Once you place your second solution on top of that Hyaluronic's humectant properties will pull the molecules of the other solution deep into the skin, where it will be the most effective. Using hyaluronic first will also improve the texture of the skin and its resilience, it is not as effective if used second.*



Overall results can be stunning (after 5-6 consecutive procedures), safety is paramount because the system parameters control the depth of abrasion at all times (not time on tissue or how much you press), no crystals, clean and wet at all times, shorten laser treatment recovery time by a couple of days, keep up with the results for much longer time...

Suggestion: keep exact logs of the parameters used for next time patient comes in. Also keep clear notes about pre-existing skin conditions like tag (keratoses) or mole or else – mark it down on your chart and show it to your patient – to prevent later complaints about who has caused it in the first place.



REPEAT & SUMMARY OF BASIC SETTINGS:

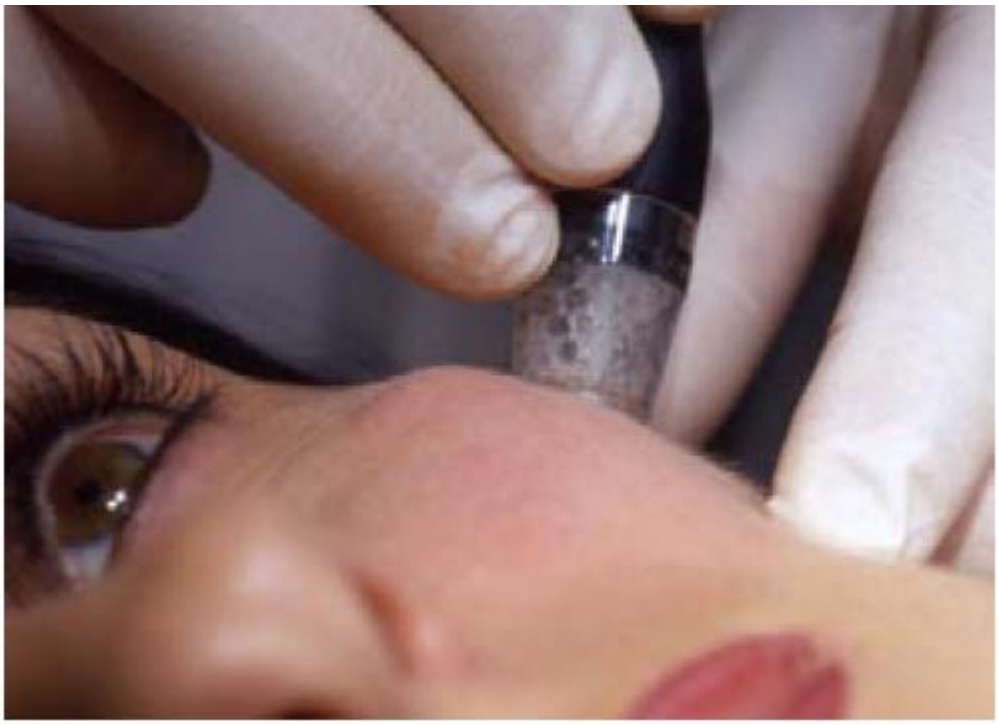
- new patient (female), "regular" reaction", FIRST Tx:
  - Forehead area (chin - depends on skin texture): 6mm spot size, 60 grit, vacuum at 5
  - cheeks, nose, neck, (chin - depends on skin texture): 6mm spot size, 80 grit, vacuum at 3.5-4
- new patient (female), sensitive or strong skin reaction, complained about pain, FIRST Tx:
  - Forehead area (chin - depends on skin texture): 6mm spot size, 80 grit, vacuum at 4
  - cheeks, nose, neck, (chin - depends on skin texture): 6mm spot size, 100 grit, vacuum at 3

- repeat patient (female), "regular" reaction", SECOND Tx and on:
  - ask them first how they felt after the previous treatment, did they notice how long they stayed pink, any special reaction?
  - treat again by series of 2, increasing the parameters on the third and then on the fifth procedure: you may increase both grid (1 notch) and the vacuum 1PSI, or just increase one parameter for one procedure and not the other (example: too much vacuum breaks capillaries if sensitive, but higher grid would be fine). you may try to increase settings in one area of the face, but not in other areas.
- Men - same settings to start. You can increase more aggressively and faster. WATCH for not doing too much!

- TREATMENT(cont'):

SUGGESTION: REPEAT OF SAFE PROCEDURES FOR NEW OPERATORS

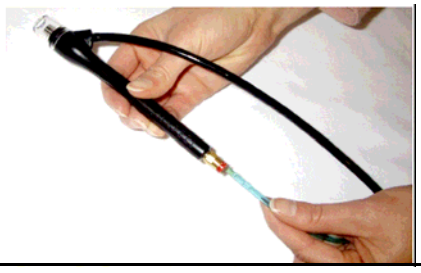
*First time SilkPeel procedure: - every **new** patient, regardless of what they tell you, need to be started with CONSERVATIVE SETTINGS: 6mm diamond, grit of 80 for a woman and 60 max for a man on the face. Start with HYALURONIC BASED HYDRATING solution (or "HYALURONIC BASED HYDRATING solution") only, do 2-3 passes only and let them tell us how their face have been doing. We can increase settings and use other solutions for next treatments.*



SUGGESTION: PRIMING: REMEMBER to always PRIME the system at the beginning of the day and every time you change/switch solutions (to fill up the tubing with new solution)

REMINDER SETTINGS FOR PRIMING:

MAX vacuum + MAX flow
CLOSE the handpiece with finger continuously (or use blue cap WITHOUT DIAMOND IN)
WAIT about 1 minute to see the handpiece filling with solution when you put handpiece upside down (or just see that it runs when you use on skin)



SUGGESTION: - If using more than 1 solution on a patient, you MUST disinfect! The reason is that the solutions are not synergistic within the unit. They are powerful together in the skin, but when they come in contact with each other, they develop into a viscous gum like substance that WILL stop up the machine. Because the capillary tubing is so thin, even one treatment can impact the unit, cause a clog, and it will need to travel back to Emed. Please be sure to ALWAYS disinfect when using more than one solution on a patient.